

Recipes for a healthy lifestyle



**Ascension
St. Vincent**



Blueberry Bliss Protein Shake

- 1 scoop protein powder
- 1 individual container of Greek Yogurt
- 1/2 cup 1% low fat milk
- 1/2 cup fresh blueberries
- 4-5 ice cubs

1. Blend all ingredients in blender on high for 30-60 seconds, until all ingredients are thoroughly mixed and pureed.
2. Refrigerate and enjoy throughout the day!

Black Bean Salsa

- 1 can no-salt-added black beans, drained and rinsed
- 1 can no-salt-added whole kernel corn, drained
- 1 medium bell pepper, diced
- 1/2 cup red onion, diced
- 1 tsp minced garlic
- 2 tsps chopped cilantro
- 2 tsps apple cider vinegar
- 3 tsps extra virgin olive oil
- Juice of 1 medium lime

1. In a large bowl, toss together all the ingredients.
2. Chill for at least 1 hour before serving.

Warm Spinach and Artichoke Dip

- 1 tbsp canola oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 package frozen artichoke hearts, thawed, rinsed, dried and chopped
- 1 package frozen chopped spinach, thawed, excess liquid squeezed out
- 1/2 cup reduced-fat sour cream
- 2 tbsps mayonnaise
- 1/2 cup reduced-fat cream cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- Cooking spray
- Pita wedges or raw vegetables, for serving

1. Preheat the oven to 375°F.
2. Heat the oil in a sauté pan over medium heat. Add onions and cook, stirring occasionally, 3 to 5 minutes.
3. Add garlic and cook for 1 minute more. Remove from heat and cool.
4. In the bowl of a food processor, combine artichoke hearts, spinach, sour cream, mayonnaise, cream cheese, mozzarella, salt and pepper. Process until smooth.
5. Add cooled onion-garlic mixture to the food processor and pulse a few times to combine.
6. Transfer mixture into an 8-inch glass square baking dish or 9-inch glass pie plate which has been lightly sprayed with cooking spray.
7. Bake for 20 to 25 minutes or until heated through.
8. Serve with pita wedges or raw vegetables.

Mini Quiches/ Egg Bites

- 6 eggs
 - 1/2 cup of Low Fat Cottage cheese
 - Sautéed veggies of your choice
 - Low fat shredded cheese
 - Seasonings: Salt/Pepper/garlic powder/Basil
(your choice!)
1. Preheat oven to 400 degrees.
 2. Place muffin liners in a muffin pan— spray non-stick cooking spray on the inside of the muffin liners to avoid mini egg bites from sticking to the paper.
 3. Whisk eggs, cottage cheese and seasonings together.
 4. Scoop 1/8-1/4 c. of egg mixture into muffin liners.
 5. Then, with a spoon, add desired amount of chopped/sautéed veggies to the individual muffin liners.
 6. Sprinkle each with low fat shredded cheese.
 7. Cook for 15-20 minutes, until eggs are not runny.

BBQ Chicken Pizzas

- Corn tortillas or low carb mini flour tortillas
- Finely chopped cooked chicken breast
- Sautéed finely chopped onions (optional)
- Sautéed yellow/orange/red bell peppers (optional)
- Sugar free BBQ sauce or no sugar added BBQ sauce
- Low fat shredded cheese

1. Preheat oven to 400 degrees.
2. Spray cookie sheet with non-stick cooking spray.
3. Pour 2 tbsp of BBQ sauce onto each tortilla and spread with the back of your spoon until tortilla is lightly covered.
4. Sprinkle chopped chicken breast onto top of BBQ sauce.
5. Sprinkle onions and peppers on top of chicken breast.
6. Lastly sprinkle your low fat shredded cheese on top.
7. Cook for 10 minutes or until cheese is melted.

Cauliflower Soup

- 2 cup cooked cauliflower florets
- 3/4 cup low sodium chicken broth
- Dash of garlic
- Dash of pepper
- 1oz of reduced fat cream cheese
- 1/3 cup plain nonfat Greek yogurt
- Fresh parsley (for garnish)

1. In blender (or food processor), combine cauliflower, 2/3 cup of the broth, garlic powder and pepper. Blend until smooth.
2. Transfer to saucepan.
3. Bring just to boiling over medium heat.
4. Whisk in cream cheese and enough of the remaining broth to reach desired consistency, heat through.

Chicken Quesadillas

- Corn tortillas or low carb tortillas
- Finely chopped cooked chicken breast
- Diced tomatoes w/green chilis
- Reduced Fat/Lite Mozzarella cheese
- Cooking spray

1. Turn burner to medium heat.
2. Spray skillet with cooking spray.
3. Place tortilla into skillet.
4. Sprinkle cheese on one side of the tortilla.
5. Allow cheese to melt then sprinkle chicken breast and tomatoes on top of melted cheese.
6. Fold tortilla in half.
7. Remove from skillet and cut in half or quarters.

Cottage Cheese Queso Dip

- 1 cup Low fat or fat free cottage cheese
- 1/2 to 1 tbsp fajita seasoning
- 2 tbsp cheesy nutritional yeast (optional)

1. Add all ingredients to the blender and blend.
2. Pour from blender into a microwave safe bowl.
3. Microwave for 45-60 seconds.

Herb-Roasted Turkey Breast

- 1 6-lb. bone-in turkey breast, skin removed
- 2 tbsp olive oil
- 4 garlic cloves, crushed
- 2 tsp finely chopped fresh sage leaves -or- 1 tsp dried
- 2 tsp finely chopped fresh rosemary leaves -or- 1 tsp dried
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper

1. Preheat the oven to 375°F.
2. Rinse the turkey breast and pat dry.
3. In a small bowl, combine the oil, garlic, herbs, salt and pepper.
4. Rub the mixture onto the turkey breast.
5. Transfer the breast to a roasting pan and roast until the juices run clear when pierced with a fork and a thermometer inserted into the thickest part of the turkey registers 165°F. Roughly 1 to 1 1/4 hours.

Lemon Garlic Shrimp

- 2 tbsp extra virgin olive oil
- 3 garlic cloves, sliced
- 1/2 tsp kosher salt
- 1/4 tsp red pepper flakes
- 1 lb. of large shrimp, peeled and deveined
- 1/2 cup white wine
- 3 tbsp fresh parsley, minced
- Zest of 1/2 lemon
- Juice of 1/2 lemon

1. Heat the olive oil in a wok or large skillet over medium high heat.
2. Add the garlic, salt and red pepper flakes and sauté until the garlic starts to brown, 30 seconds to 1 minute.
3. Add the shrimp and cook until pink, 2 to 3 minutes on each side.
4. Pour in the wine and deglaze the skillet scraping up any flavorful brown bits, for 1 to 2 minutes.
5. Turn off the heat and mix in the parsley, lemon zest and lemon juice.

Tomato Gratin

- 4 slices whole grain bread, torn into quarters
 - 1 tbsp minced garlic
 - 1 tbsp extra virgin olive oil
 - 1/3 cup finely shredded Pecorino Romano, Romano or Parmesan cheese
 - 4 medium tomatoes, sliced
 - 1/4 cup chopped fresh basil
 - 1/4 tsp freshly ground black pepper
 - 1/4 tsp salt
1. Preheat the oven to 450°F.
 2. Coat a shallow 2-quart baking dish with nonstick spray.
 3. Place bread in a food processor and pulse until coarse crumbs form.
 4. Add garlic, oil and cheese; pulse to combine.
 5. Spread the seasoned breadcrumbs on a baking sheet and bake until beginning to brown, about 5 minutes.
 6. Meanwhile, layer tomato slices in the prepared baking dish, sprinkling each layer with basil, pepper and salt.
 7. Bake the tomatoes for 10 minutes.
 8. Sprinkle with the toasted breadcrumbs and bake for 10 minutes more.
 9. Serve immediately.

Smashed Potatoes with Sour Cream and Chives

- 1 1/4 lbs. Yukon gold potatoes (4 medium) unpeeled, cut into 1-inch pieces
- 1/4 cup low-sodium chicken broth, warmed
- 1/4 cup reduced-fat sour cream
- 1 1/2 tbsp chopped fresh chives
- 1/4 tsp salt
- Freshly ground black pepper

1. Place potatoes in a large pot of boiling water.
2. Cover and cook for about 15 minutes or until potatoes are tender.
3. Drain the potatoes, add the broth and coarsely mash the potatoes.
4. Stir in the sour cream and chives.
5. Season with salt and pepper to taste and serve.

Tossed Caprese Salad

- 5 to 6 cups lettuce, spring mix
- 1/2 cup fresh mozzarella cheese
- 12 oz. heirloom tomatoes
- 3/4 cup fresh basil, chopped
- 1/2 tsp kosher salt
- 3/4 tsp ground black pepper
- 4 tbsp extra virgin olive oil
- 2 tbsp balsamic vinegar

1. Dice mozzarella cheese and tomatoes.
2. Place all ingredients in a bowl and toss with oil and balsamic vinegar.

Healthy Sweet Potato Casserole

- 2 pounds sweet potatoes, peeled and cut into 2-inch pieces
 - 3 medium carrots, 8 ounces, peeled and cut into 2-inch pieces
 - 1/4 cup packed light brown sugar
 - 2 tbsp unsalted butter
 - 2 tsp freshly grated ginger
 - 1/2 tsp finely grated orange zest
 - 1/2 tsp ground cinnamon
 - Kosher salt and freshly ground black pepper
 - 2 egg whites, lightly beaten
 - 1/3 cup chopped pecans
1. Preheat the oven to 350 degrees F.
 2. Lightly coat a 2-quart baking dish with cooking spray.
 3. Put the sweet potatoes in a large pot and cover with salted water by 2-inches.
 4. Bring to a boil over medium-high heat. Add the carrots.
 5. Cook until both the potatoes and carrots are tender, about 15 minutes. Drain well.
 6. Transfer the potatoes and carrots to a large bowl and add the sugar, butter, ginger, zest, and cinnamon.
 7. Mash until well combined and slightly chunky.
 8. Season with salt and pepper. Stir in the egg whites and transfer to the baking dish.
 9. Sprinkle with the nuts and bake until well puffed and hot through, about 30 minutes.

Roasted Nutmeg Cauliflower

- 1 head of cauliflower, cut into florets
- 2 tbsps extra virgin olive oil
- 1/4 tsp ground nutmeg
- 1/4 tsp salt

1. Preheat the oven to 350°F.
2. Place the cauliflower in a 9x13 baking dish.
3. Toss with the oil and sprinkle with the nutmeg and salt.
4. Cover the dish and roast for 30 minutes.
5. Remove the cover; stir and roast for another 30 to 45 minutes until the cauliflower is tender and nicely browned, stirring occasionally.

Pumpkin Mousse

- 1 small pkg. Sugar free vanilla instant pudding
- 1 small pkg Sugar free butterscotch instant pudding
- 3 c. milk (Skim, 1% or 2%)--(we used Fat Free FairLife milk)
- 1 15oz. can of pure pumpkin (NOT pumpkin pie mix)
- ¼ c. of fat free evaporated milk
- 1 c. of sugar free cool whip
- 1 tsp pumpkin pie spice
- ½ c. Splenda

1. Mix together using a mixer on low speed.
2. Refrigerate for 1 hour.

Heart Center Sweet Apple Crisp

- 1 20-oz. can sliced apples
- 2 tbsps light brown sugar
- 3/4 tsp cinnamon
- 1/3 cup apple juice
- 2 3/4 tps cornstarch
- 3/4 cup granola
- 1 cup low-fat whipped topping

1. Drain the apples.
2. Dissolve the cornstarch into the apple juice.
3. Put the apples, apple juice with cornstarch, sugar and cinnamon in a large sauté pan.
4. Bring to a boil, then reduce to a simmer.
5. Stir occasionally until liquid becomes a syrup.
6. Place apples into individual serving dishes.
7. Garnish with granola and a dollop of whipped topping.

